

ABSTRACT

A process for producing a shaped food comprising expanding hydrated dough comprising a starchy substance and soybean 7S protein by heating, followed by drying the expanded dough. The hydrated dough comprises 30% by weight or more (in terms of solid matters) of soybean 7S protein and 10% by weight or more of the starchy material. The heat swelling is performed by sandwich-heating or microwave heating so as to lower the moisture content after heat swelling to 7-30% by weight, and the moisture content is finally lowered to not more than 12% by weight. Although the drying may be carried out by heat swelling means, it is preferable to employ an additional drying step. A shaped food having favorable taste is produced. The method does not inhibit the detection of the 7S component in the shaped food.